Every year, there are an estimated 20 million new STD infections in the United States. Anyone who is sexually active can get an STD. Some groups are disproportionately affected by STDs: Adolescents and Young Adults, Gay, Bisexual, & other Men who have Sex with Men, Some Racial and Ethnic Minorities.

STDs ARE preventable. There are steps you can take to keep yourself and your partner(s) healthy. Here's How You Can Avoid Giving or Getting an STD:

Practice Abstinence
The surest way to avoid STDs is to not have sex.

Use Condoms
Using a condom correctly every time you have sex can help you avoid STDs. Condoms lessen the risk of infection for all STDs. You still can get certain STDs, like herpes or HPV, from contact with your partner's skin even when using a condom.

Get Vaccinated
The most common STD can be prevented by a vaccine. The HPV vaccine is safe, effective, and can help you avoid HPV-related health problems like genital warts and some cancers. Who should get the HPV vaccine?
Routine vaccination for boys & girls ages 11 to 12
Catch-up vaccination for:
- Young women from age 13 to age 26
- Gay, Bisexual, & other Men who have sex with men up to age 26
- Men with compromised immune systems up to age 26

Get Tested
Many STDs don't have symptoms, but they can still cause health problems. The only way to know for sure if you have an STD is to get tested.

If You Test Positive...
Getting an STD is not the end! Many STDs are curable and all are treatable. If either you or your partner is infected with an STD that can be cured, both of you need to start treatment immediately to avoid getting re-infected.

The Good News
STDs ARE preventable. There are steps you can take to keep yourself and your partner(s) healthy.

Here's How You Can Avoid Giving or Getting an STD:

View Infographic Online at: www.cdc.gov/std/prevention/lowdown/